

## General beach cleaning safety guidance

- Wear sturdy, closed toe shoes. No slippers or sandals.
- If it is sunny, consider wearing a hat and using sun-block.
- Take regular breaks in the shade if it's hot.
- Always use gloves to pick up things. Be aware of what you are touching.
- Look out for broken glass, fishing hooks, syringes and other sharp objects. Do not put yourself at risk. If you can safely collect these with litter picker or grabber, they should be placed somewhere safe for disposal (ie a box or bottle where they won't be accidentally touched). Children shouldn't handle the above items – inform an adult.
- Unfortunately, we are finding used gloves, masks and other personal protective equipment that is improperly discarded. **Do not pick it up** unless you have a grabber and a separate disposable bag in which to place these items.
- Keep a safe distance from all wildlife!
- Take care of your back! Bend your knees when lifting heavy objects, and if it's too heavy, leave it.
- Take a first aid kit.
- Check the weather forecast. Ensure you are a safe location well up from the high-water mark.
- Check the tide times – many popular spots around the island will have gullies that get cut off as the tide comes in.
- Make sure someone knows where you are and when you intend to be back.
- Have a means of calling for help such as a mobile phone
- In an emergency, dial 999 and ask for the Coastguard. Do not enter the water to rescue someone in difficulty. Throw something that floats such as a lifebuoy, or even a cool box if you have one with you.

## Additional precautions during the pandemic

- Be aware of the latest advice and regulation from the government.
- Maintain a social distance of at least 2m from everyone you may encounter from outside your household or bubble.
- **Always** wear disposable gloves (these can be worn over the top of heavy-duty gloves or warm winter gloves) and dispose of them immediately after your beach clean. To properly remove gloves, grab the glove opening near your wrist, and pull towards your fingers, thereby turning the glove inside out.
- Avoid touching any common touch points such as railings, benches, etc.
- Avoid touching your face.
- Face masks are highly recommended when you're out exercising and walking along the beach. Remember to maintain your distance even when using a face mask.
- Wash your hands thoroughly as soon as possible after removing your gloves and use hand sanitizer in the meantime if soap and water are unavailable.